



PICK UP TIMES

MOUNTAIN CYCLING

Pick-up time
7.15 - 7.30 am
7.30 - 7.45 am
7.45 - 8.00 am
8.00 - 8.15 am

LE TREKKING

Pick-up time
7.15 - 7.30 am
7.30 - 7.45 am
7.30 - 7.45 am
8.15 - 8.30 am

Daily WHITEWATER RAFTING trips

Area	Morning Trip A	Morning Trip B
Nusa Dua	7.45 - 8.00 am	8.45 - 9.00 am
Kuta	8.00 - 8.15 am	9.00 - 9.15 am
Sanur	8.00 - 8.15 am	9.00 - 9.15 am
Ubud	8.30 - 8.45 am	9.30 - 9.45 am

Area	Afternoon Trip A	Afternoon Trip B
Nusa Dua	12.15 - 12.30 pm	1.15 - 1.30 pm
Kuta	12.30 - 12.45 pm	1.30 - 1.45 pm
Sanur	12.30 - 12.45 pm	1.30 - 1.45 pm
Ubud	1.00 - 1.15 pm	2.00 - 2.15 pm

BALI BIRD WALKS

Tuesday, Friday, Saturday and Sunday mornings

Area	Pick-up time
Nusa Dua	7.15 - 7.30 am
Kuta	7.30 - 7.45 am
Sanur	8.00 - 8.15 am
Ubud	8.30 - 8.45 am

1. Mountain Cycling Batur Trail
2. Mountain Cycling Batu Karu Trail
3. Jungle Trekking
4. Bali Bird Walks
5. Sobek Office (Sanur)
6. Rafting Start Point (Begawan)
7. Rafting Finish Point (Kedewatan)
8. Ngurah Rai Airport
9. Kuta
10. Nusa Dua
11. Lake Beratan
12. Lake Batur
13. Mount Batur
14. Kintamani
15. Lake Tamblingan
16. Lake Buyan
17. Tanah Lot Temple
18. Denpasar
19. Ubud
20. Candi Dasa
21. Besakih Temple
22. Mount Agung
23. Nusa Lembongan
24. Nusa Ceningan
25. Nusa Penida
26. River Pulukan
27. River Balian
28. River Otan
29. River He
30. River Empas
31. River Penet
32. River Ayung
33. River Was
34. River Petanu
35. River Pakerisan
36. River Unda

Bali, an island of some 124 kilometres from north to south and 122 kilometres from east to west, still has a vast mountainous jungle interior. Over the past decade Sobek has put together a range of top quality adventure tours designed to explore its heart.

Sobek's efficient team, under the guidance of expert overseas advisers, provide the best there is for all visitors to Bali, the Island of the Gods.

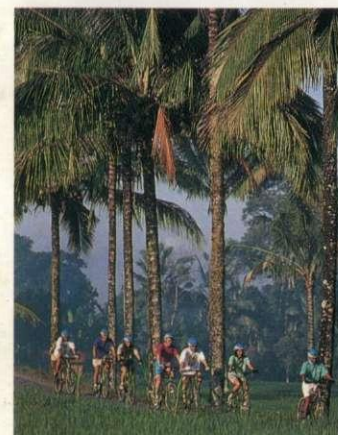
SOBEK - THE PROFESSIONALS

WHITEWATER RAFTING



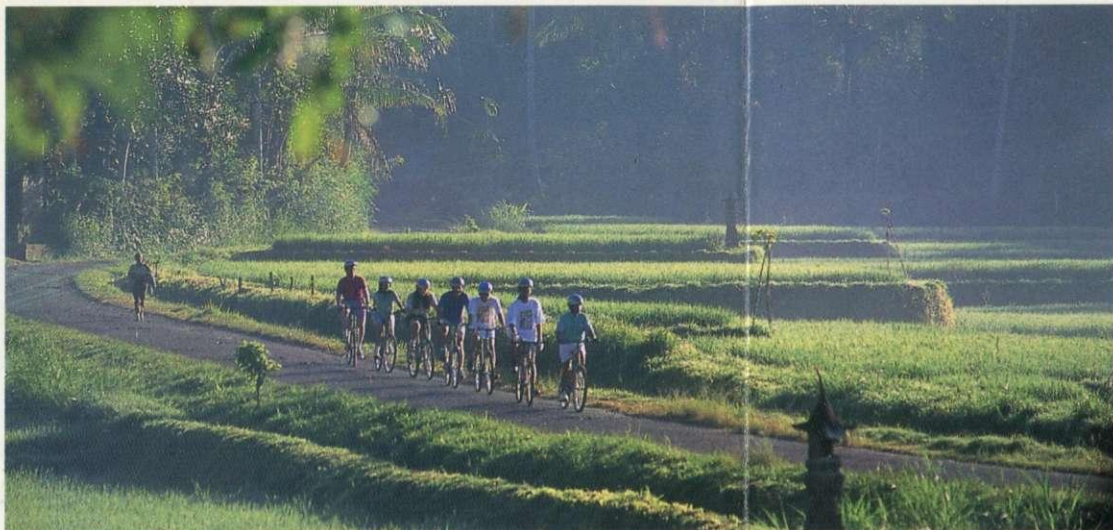
SOBEK

BINA UTAMA



THE ADVENTURE SPECIALISTS

TWO MOUNTAIN CYCLING TRIPS



THE BATUR TRAIL

Our cycling descent of the Batur Trail offers you a superb, exhilarating trip through the mountain scenery of Bali's north-eastern provinces.

We take you to our start point 1500

metres above sea level where we serve breakfast on the lip of a volcano overlooking the magnificent Lake Batur. Then we set off with our knowledgeable guides on an easy going two-and-a-half hour downhill ride, stopping along the way for refreshments and cold towels.

Secret backroads take you through dense rainforest and groves of giant bamboo, past moss-covered temples and traditional mountain villages to the artistic centre of Ubud, where we serve lunch.

THE BATU KARU TRAIL

Our descent of the Batu Karu Trail takes us deep into the centre of the island's rice bowl, where the beautiful paddy field scenery provides a refreshing

insight into the agricultural heartland of Bali.

This atmospheric, rice paddy trip begins when we leave our vehicle at the ancient temple, Pura Luhur, and take a short walk through the refreshing air to our waiting mountain bikes.

We ride past complex networks of

man-made irrigation systems, stopping along the way for refreshments and cold towels. Our well-informed Balinese guides offer an insight into the intricate rice-growing process, from planting and flooding to harvesting and sale.

The trip ends at a natural hot springs where we serve a well-deserved lunch.

OUR TWO MOUNTAIN CYCLING TRIPS ARE SUITABLE FOR BEGINNERS AND EXPERIENCED CYCLISTS ALIKE.



US \$55

Price inclusive of:

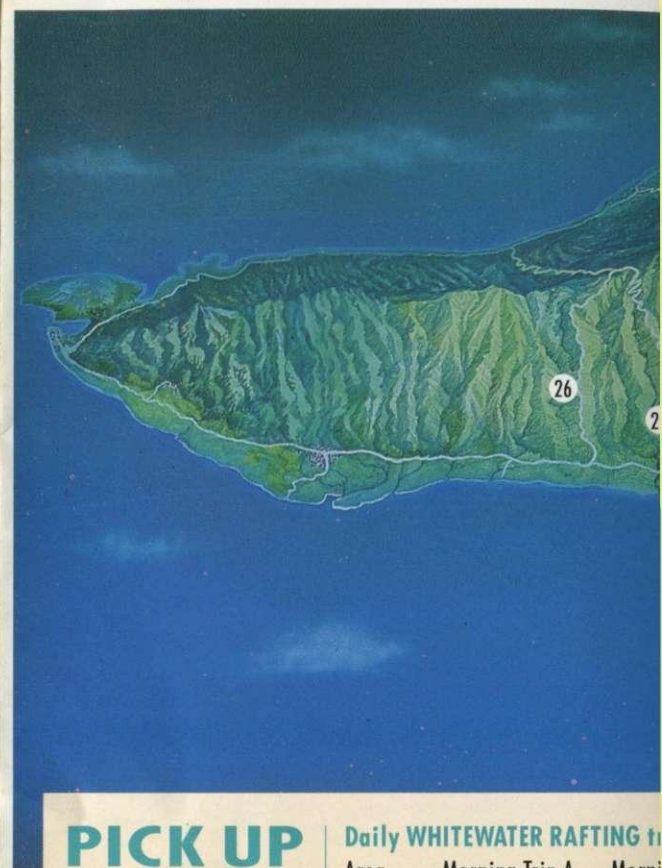
- Guaranteed fully air-conditioned transport to and from your hotel
- Mountain bikes, helmets and gloves
- Snacks, drinks and buffet lunch
- US\$50,000 Insurance Coverage

WHAT TO WEAR?

Shorts and T-shirt. Running shoes.

DON'T FORGET!

Sunscreen. Camera. Voucher or payment.



PICK UP TIMES

Daily MOUNTAIN CYCLING

Area	Pick-up time
Nusa Dua	7.15 - 7.30 am
Kuta	7.30 - 7.45 am
Sanur	7.45 - 8.00 am
Ubud	8.00 - 8.15 am

JUNGLE TREKKING

Area	Pick-up time
Nusa Dua	7.15 - 7.30 am
Kuta	7.30 - 7.45 am
Sanur	7.30 - 7.45 am
Ubud	8.15 - 8.30 am

Daily WHITEWATER RAFTING

Area	Morning Trip A	Morning Trip B
Nusa Dua	7.45 - 8.00 am	8.45 - 9.00 am
Kuta	8.00 - 8.15 am	9.00 - 9.15 am
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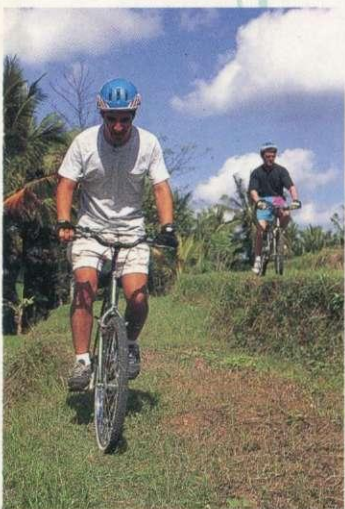
Area Afternoon Trip A Afternoon Trip B

Area	Afternoon Trip A	Afternoon Trip B
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BALI BIRD WALKS

Tuesday, Friday, Saturday and Sunday

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Nusa Dua	7.15 - 7.30 am
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Sanur	8.00 - 8.15 am
Ubud	8.30 - 8.45 am



WHITEWATER RAFTING

Sobek's whitewater rafting trip on the magnificent River Ayung is one of Bali's most sensational tours. The fast-flowing river carves its way through soft volcanic rock to produce a series of exciting Class II rapids like 'Snake', 'Montok' and 'Pinball'. We journey through narrow, deep-sided gorges, past tranquil rice paddies and stunning jungle scenery while observing rural Balinese life from the river. So...

**GET WET
WITH SOBEK!**



Enjoy Bali's original and best whitewater rafting excitement with our team of highly trained guides on the spectacular River Ayung.

Experience an unforgettable

journey through brilliant jungle scenery and cool, deep river gorges. Marvel at pristine rice-terraces and breathtaking waterfalls. It's a great trip for all the family.

We pick you up from your hotel and

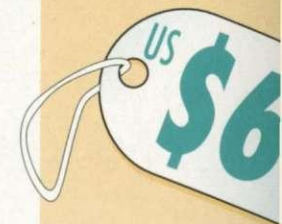
take you to the mountain village of Begawan where we kit you out with helmets and life-jackets. A walk down our traditional, terraced path takes us to the warm water river for an introductory talk.

And then it's off down 25 Class II rapids in our self-bailing rafts specially designed for the River Ayung. After two hours of whitewater fun we reach Kedewatan, where chefs prepare a delicious buffet at our Balinese Riverside Garden Restaurant. Our changing rooms and showers provide the chance to freshen up before transportation back to your hotel.

Sobek's professional guides are trained in all aspects of river safety, including search and rescue, first aid



and mountain rescue. Many of them represented Indonesia in the 1993 World Championships and today form the Indonesian National team. They are also trained to the Swift Water Rescue Program, American Whitewater Affiliation and Australian Whitewater Safety standards. All training programmes - including customer service, team work and leadership skills, first aid and river skills - are regularly updated.



Price inclusive of:

- Guaranteed fully air-cooled hotel transfers
- US\$50,000 Insurance
- All safety-approved equipment
- Sumptuous buffet
- Full changing-room & shower facilities, including towels
- Professional river guides

WHAT TO WEAR?

Shorts/bathers. T-shirt. Trainers/river shoes.

DON'T FORGET!

A change of clothes. Sun Voucher or payment.

CAMERAS?

We have dry bags for your cameras.

**T-SHIRTS, PHOTOS
& VIDEOS OF
YOUR TRIP ARE
ALSO AVAILABLE**

SUITABLE FOR AGE

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d Indonesia in the 1993 World
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National team. They are also
y the Swift Water Rescue
merican Whitewater Affiliation
alian Whitewater Safety
All training programmes -
ustomer service, team work
ship skills, first aid and river
regularly updated.



Price inclusive of:

- Guaranteed fully air-conditioned hotel transfers
- US\$50,000 Insurance Coverage
- All safety-approved equipment
- Sumptuous buffet
- Full changing-room & shower facilities, including towels & soap
- Professional river guides

WHAT TO WEAR?

Shorts/bathers. T-shirt.
Trainers/river shoes.

DON'T FORGET!

A change of clothes. Sunscreen.
Voucher or payment.

CAMERAS?

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SUITABLE FOR AGES 9-65

JUNGLE TREKKING



INTO THE HEART OF BALI

Our two-hour jungle trek with knowledgeable guides gives you a unique insight into the flora and fauna of Bali's untouched wilderness.

Guaranteed fully air-conditioned transport carries you through primary rainforest to the mountains around Bedugul. A glorious view awaits you high above the twin lakes of Tamblingan and Buyan from where you enter the canopied rainforest. Your trek down past giant vine-clad trees and majestic ferns will be a memorable experience. After lunch at a restaurant overlooking peaceful rice-terrace scenery our waiting transport will take you back to your hotel.

PRICES (all inclusive)
JUNGLE TREKKING

US \$49

BALI BIRD WALK

US \$47

BALI BIRD WALKS

Bali is renowned for its richly varied and colourful birdlife. In association with the Bali Bird Club and author, ornithologist and long-time Bali resident, Victor Mason we offer bird and nature walks.

Victor and his team of trained guides will take you into the beautiful countryside surrounding Ubud where you will see a wide variety of birds such as the brightly coloured Java Kingfisher and the Scarlet-headed Flowerpecker. The three-hour trip is suitable for all ages and includes binoculars, refreshments along the way and lunch at The Beggar's Bush.

A WALK ON THE WILD SIDE



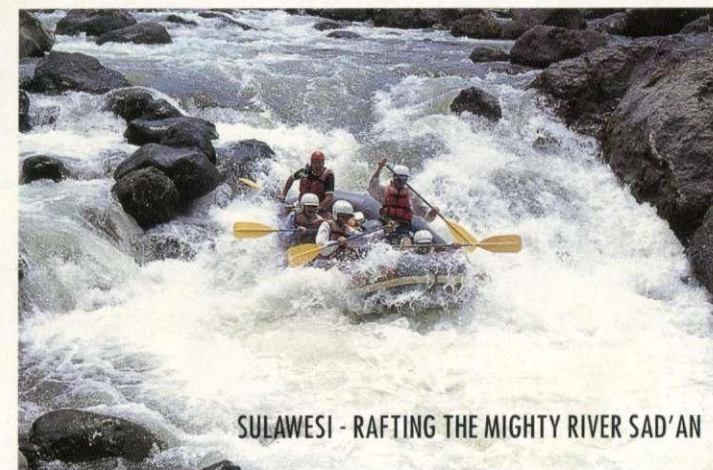
WHAT TO WEAR?

Long trousers for trekking, shorts for bird walks. T-shirt. Hat. Walking shoes.

DON'T FORGET!

Camera. Sunscreen. Voucher or payment.

WHITEWATER RAFTING MOUNTAIN CYCLING JUNGLE TREKKING BALI BIRD WALKS



SULAWESI - RAFTING THE MIGHTY RIVER SAD'AN

Sobek is well established as the largest adventure tour operation in Asia, providing an integrated series of adventure programmes throughout Indonesia and the region - including whitewater rafting on Bali's spectacular River Ayung, jungle trekking and rafting through Sulawesi's outstanding Torajaland and rafting on Java's powerful River Citarik.

HOW TO BOOK

Book your trip where you received this brochure
or call us on **(62-361) 287059**

or fax us on **(62-361) 289448.**

Reservations open from 6.30am to 11.00pm

Our headquarters are located at

Jalan Tirta Ening No. 9, By Pass Ngurah Rai,
Sanur, Bali, Indonesia.

INSURANCE All our trips are covered by a
US\$50,000 insurance policy.

